

Adult Fitness Classes

R=Resident NR=Non-Resident

CC - # = Community Center Room #;
YC = Youth Center; SHLRC = Springhill Lake Recreation Center

ADULT FITNESS CLASSES		
CPR/First Aid 357101-1 357101-2 Ages 13-Adult	W/Th 6:00pm-10:00pm/GAFC 2 mtgs: 7/6 & 7/7; R: \$55, NR: \$60 2 mtgs: 8/10 & 8/11; R: \$55, NR: \$60	The basics of first aid and safety practices. Students receive Red Cross certification. Instructor: Janet Goldberg
Health Fitness 352202-1 Ages 16-Adult	Tu 7:00pm-7:55pm/CC-10 12 mtgs: 6/14 - 8/30 R: \$35, NR: \$45	Flexibility, strength, and toning movements from many disciplines. Bring a mat. Instructor: Amy Derin
Health Fitness 352202-2 Ages 16-Adult	Th 7:00pm-7:55pm/CC-10 12 mtgs: 6/16 - 9/1 R: \$35, NR: \$45	Flexibility, strength, and toning movements from many disciplines. Bring a mat. Instructor: Amy Derin
Fit & Fun Aerobics 352203-1 Ages 16-Adult	M/W/F 9:30am-10:45am/CC-106 11 mtgs: 8/22 - 9/16 (No Class 9/5) Without Babysitting - R: \$22, NR: \$32 With Babysitting - R: \$31, NR: \$41	High/low impact aerobics, kickboxing, toning, and weights. Babysitting service for registered participants only. No drop-in babysitting will be allowed. SPACE IS LIMITED. Child's information must be included on registration form to be enrolled in babysitting. Instructor: Judy Cocchiaro
Fit & Fun Babysitting 352203-2 -6 mo. thru 1 yr. 352203-3 - Ages 2-6	M/W/F 9:30am-10:45am/CC-202 11 mtgs: 8/22 - 9/16 (No Class 9/5)	
Vishwayatan Yoga 352204-1 Ages 16-Adult	Tu 6:00pm-6:55pm/CC-10 12 mtgs: 6/14 - 8/30 R: \$78, NR: \$88	Yoga for all ages. Exercise the entire body. DON'T eat 2-3 hours before class. Bring a mat. Instructor: Manju Shukla
Vishwayatan Yoga 352204-2 Ages 16-Adult	Sa 10:00am-11:00am/CC-10 10 mtgs: 6/18 - 8/27 (No Class 7/2) R: \$65, NR: \$75	Yoga for all ages. Exercise the entire body. DON'T eat 2-3 hours before class. Bring a mat. Instructor: Manju Shukla
Tai Chi Beginning 352206-1 Ages 16-Adult	Sa 9:45am-10:45am/CC-106 12 mtgs: 6/18 - 9/10 (No Class 9/3) R: \$66, NR: \$76	Learn the basic Tai Chi movements. Instructor: Larry Fleming
Tai Chi Continuing 352206-2 Ages 16-Adult	Sa 8:45am-9:45am/CC-106 12 mtgs: 6/18 - 9/10 (No Class 9/3) R: \$66, NR: \$76	A continuation of Tai Chi movements. Must have completed Beginning Tai Chi. Instructor: Larry Fleming
Tai Chi All Levels 352206-3 Ages 16-Adult	W 6:00pm-7:00pm/CC-10 12 mtgs: 6/15 - 8/31 R: \$66, NR: \$76	Tai Chi for all levels. Instructor: Larry Fleming
Push Hands 352207-1 Ages 16-Adult	W 7:00pm-8:00pm/CC-10 12 mtgs: 6/15 - 8/31 R: \$66, NR: \$76	This class is designed for the advanced Tai Chi student to develop a greater sensitivity to the movements learned in the Tai Chi Form. It allows interplay with other students. Students must have completed a session of Beginning Tai Chi. Instructor: Larry Fleming
Round Dancing 354201-1 Ages 16-Adult	Su 2:00pm-4:00pm/CC-10 7 mtgs: 7/10 - 8/28 (No Class 8/7) R: \$65/couple, NR: \$70/couple	A basic beginner class providing introductions to two-step. Instructors: John and Peg Kincaid
International Folk Dance 354501-1 Ages 16-Adult	F 8:00pm-10:00pm/YC-MULTI 9 mtgs: 6/24 - 8/26 (No Class 7/29) R/NR: \$32	FREE Open House will be held at 7:30pm on Friday June 17. Come and enjoy! A "Mice Dance" (class without the instructor) will be held on Friday, August 12 during regular class hours.
TKA Karate	M 7:00pm-8:30pm/SHL Elem. School 7 mtgs: 7/11 - 8/22; R/NR: \$35	Registration for this class will be held at Springhill Lake Elementary School the first night of class. For more information please call 301-840-9262.
Jazzercise	M/W 7:00pm-8:00pm/CC-106 F 6:30pm-7:15pm/CC-10 Su 10:00am-11:00am/CC-10 Month: \$35, 8 weeks: \$85, Drop-In: \$8	Ongoing class; register any class night. Warm-up, aerobics, toning, strengthening, and cool down. Instructor: Bev McQuay 301-776-5405
Jacki Sorenson Aerobics	Tu/Th 6:00pm-7:00pm & Sat 9-10am SHLRC-Gym; Drop-In: \$3.50 per class	Register with class instructor. Info: 301-439-3866 Instructor: Janet Anderson